

NUTRITION

Nutrition on the Internet

The World Wide Web can be a powerful tool in your search for quality health and nutrition information. However, with thousands of health-related websites posted it is sometimes hard to find reliable nutrition information on the Internet. Remember that anyone can post information on the Internet. There are many “official” sounding groups on the web. Some groups intentionally choose a name that sounds similar to a reputable organization. Below are a few tips that will help you check the validity of the website.

1. Find out who posted the website

When searching for nutrition information on the Internet, pay attention to the last few letters in the website’s address. In general, the three letters following the dot will indicate the affiliation of the site.

- “gov” is a government site and generally posts valid information
- “edu” stands for educational institution, meaning the site is posted by a university. These are generally reliable sites that may contain a variety of nutrition information.
- “org” stands for organization, which typically includes reliable health and nutrition oriented groups and information.
- “com” stands for commercial. This is usually a business website that may have products or services to sell. These websites are typically the least reliable sources of nutrition information on the Internet.

2. Look for contact information

Most reputable websites provide an e-mail address or another way of obtaining more information about the site’s content. Reputable sites may also contain the names of the people who are posting the information on the site.

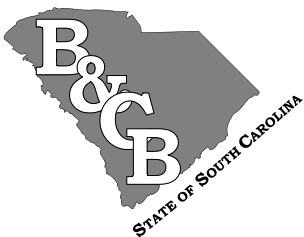
3. When the website was last updated

Check how often the information is updated and when it was last updated. The most reliable websites are updated frequently.

4. Signs of an unreliable website

The use of statements that belittle medicine, science and government regulations. In addition, the use of testimonials or the linking of celebrities to certain diets or products are indications that the website may have unreliable nutrition information.

Remember that the information you find on the Internet should never replace the communication between you and your health care providers.



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